



# Age-Friendly Saratoga

## Kick-off

June 30, 2020



*/Age/* - a period of human life, measured by years from birth

*/Friendly/* - designed or intended to accommodate particular needs, users, etc.

(Dictionary.com)



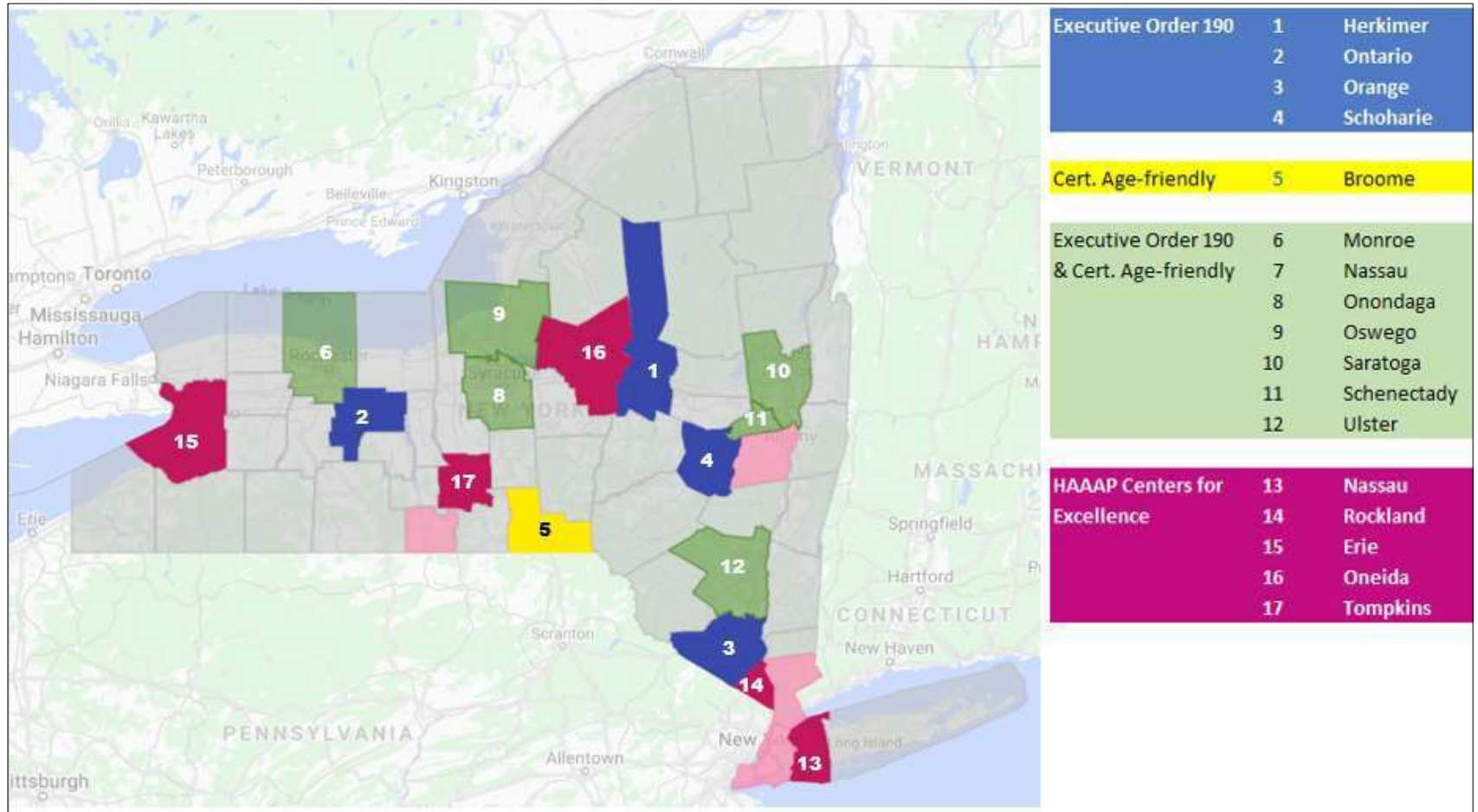
## Age-Friendly Planning Grant



### NYS grant awarded to Saratoga County:

- “Age-friendly” is a World Health Organization (WHO) certification that is granted within the U.S. by the AARP to those communities committed to making their communities more livable for people of all ages, including older adults.
- Goal: Foster a supportive, healthy environment in which people can grow and thrive over their lifespan from birth to old age.

# Participating Counties







# What does Age-Friendly mean?

[Livable Communities Video](#)

<https://www.aarp.org/livable-communities/featured-videos/>

## 8 Domains of Livability

Age-friendly communities are those that make healthy life style choices easy and accessible to all members of the community. The 8 domains of livability combine concepts of healthy aging, preventive health, and smart growth:

- **Domain 1: Outdoor Spaces and Public Places**
- **Domain 2: Transportation**
- **Domain 3: Housing**
- **Domain 4: Social Participation**
- **Domain 5: Respect and Social Inclusion**
- **Domain 6: Work and Civic Engagement**
- **Domain 7: Communications and Information**
- **Domain 8: Community and Health Services**



# RELEVANT FRAMEWORKS FOR HEALTH & AGE ACROSS ALL POLICIES

NYS Dept of Health (Public Health/Medicine)

Social Determinants of Health	WHO's 8 Domains of Livability	Health Across All Policies	Smart Growth Principles
Neighborhood and Built Environment	Outdoor Space & Buildings	Natural Environment	Environmental Preservation
		Built Environment	Mixed-Use Land Projects
		Urban Planning	Existing Infrastructure
	Housing	Housing	Housing Options
	Transportation	Transportation	Transportation & Access Choices
Education	Communication & Information	Education	Community Character
Health and Health Care	Community Support & Health Services	Health Sector	Walkability
Economic Stability	Civic Participation & Employment	Economic Development	Economic Sustainability
Social and Community Context	Social Participation Respect & Social Inclusion	Community Cohesion	Spaces Designed for Personal Interaction

NYS Office for the Aging

NYS Dept of State

**Improved population health**

**Improved social and physical environment**

**More efficient & effective government**

**Economic Growth**





Why do we want to become  
Age-Friendly certified?



# Competitive Advantage

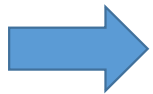
*Age-Friendly process and certification benefit County departments and community organizations competing for state contracts and grants:*

## **NYS Executive Order No. 190: Incorporating Health Across All Policies into State Agency Activities**

- All [State Agencies] shall consider how best to incorporate the [New York State Prevention Agenda's](#) priorities and the [WHO Eight Domains of Livability](#) when preparing contract solicitations, grants, submitting plans to a Federal Agency or entity, or developing State Plans...
- Proposals to most state agencies do or will require applicants to “describe how their proposals can improve community health and wellness in their execution of the contract, agreement and/or procurement, such as, promoting age-friendly job creation and economic stability, transportation mobility, and the ability to leverage investments that can have complementary benefits in more than one area..”

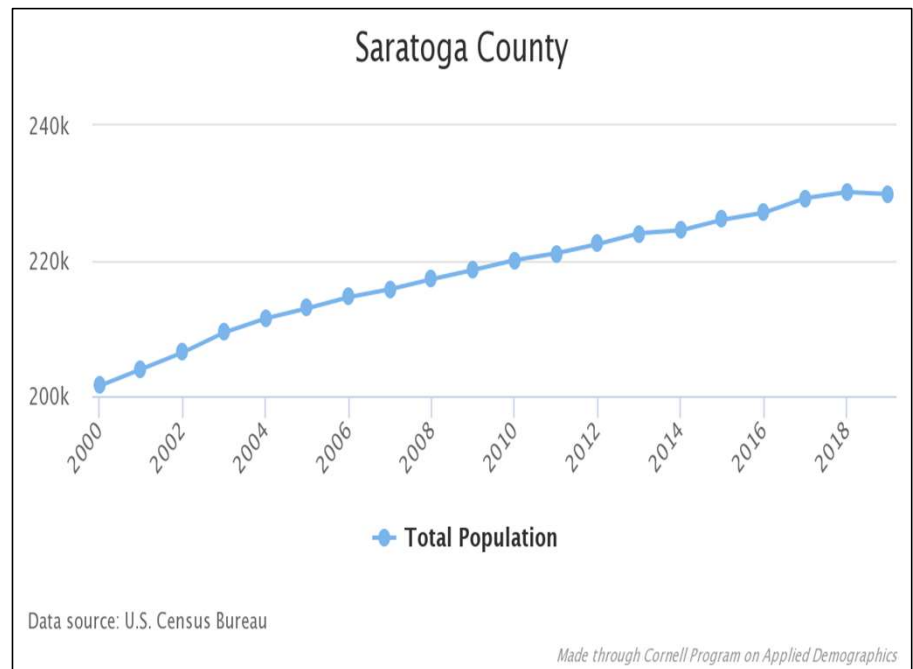
# Saratoga County is growing

- We are the 2<sup>nd</sup> fastest growing county in NYS
- We are the 2<sup>nd</sup> most populated county in the Capital Region
  - the only Capital Region county to which more people are relocating than leaving



*We need to make sure we have the infrastructure, services and programs to support everyone*

(CEG; Crowe; González-Rivera et al.)



# Our older adult population is growing particularly fast

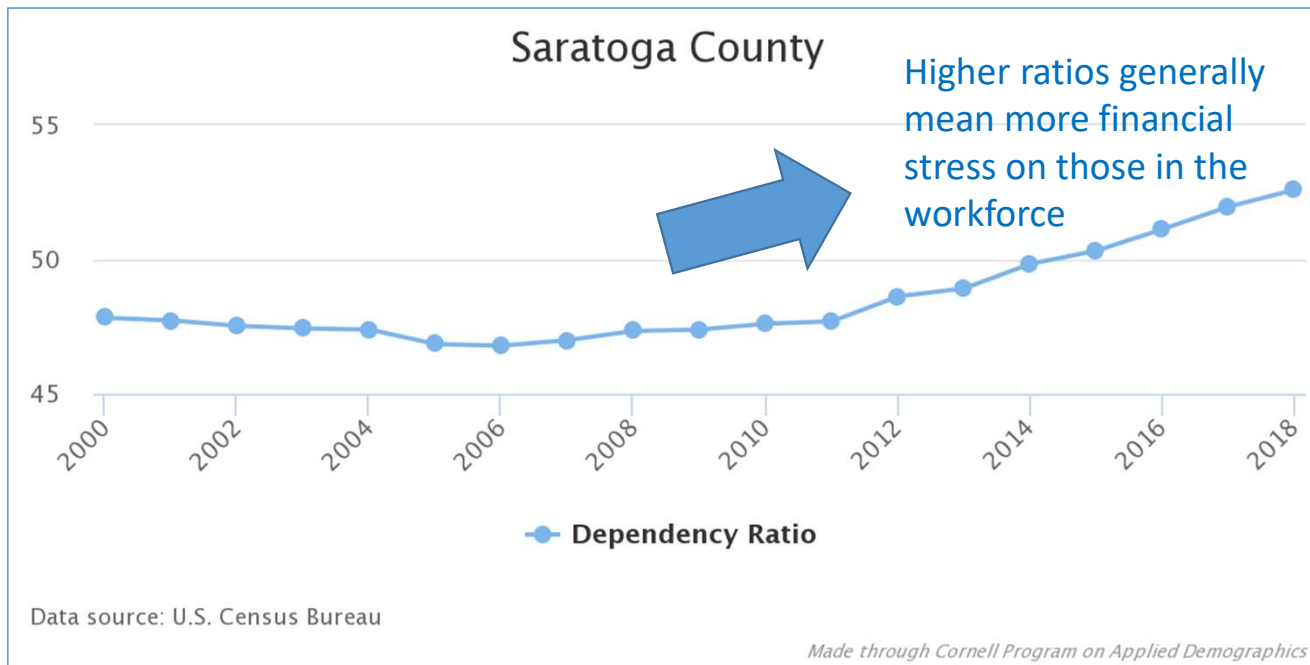
We have both the **fastest-growing** young (ages 18-34) and older adult (65+) populations in NYS

- Our older adult population **increased by 55% in the past 10 years** (from 26,055 in 2007 to 40,355 in 2017).
- Older adults now account for **18%** of Saratoga's overall population.
- The vast majority of those older adults are **65-84** years in age, meaning that Saratoga's older adult population is likely to remain a large portion of our population for many years to come.

(González-Rivera et al.; CEG)

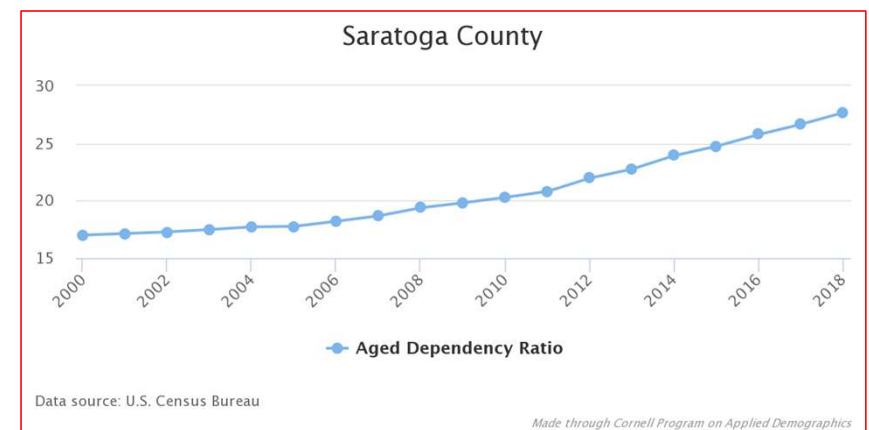
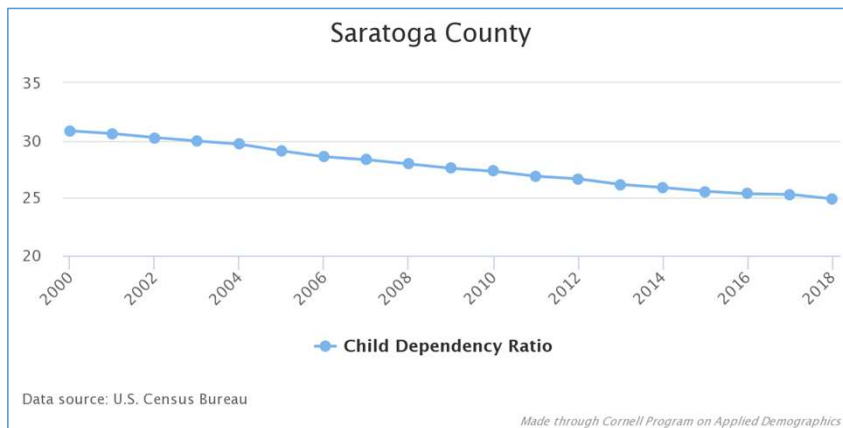


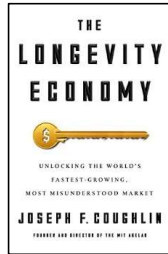
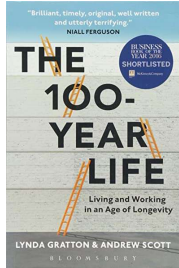




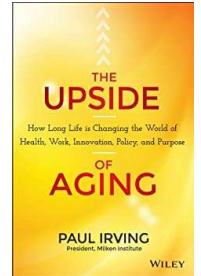
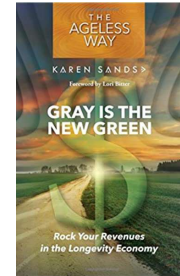
**Dependency Ratio**-measure of the # of dependents aged 0-14 and >65 compared with the total population aged 15-64.

- Paints a picture of the make-up of a population compared to its workforce.
- Has tax and other economic ramifications.





## Longevity Economy



- The **“Longevity Economy”** refers to all the economic activity serving the needs and preferences of Americans >50, which is expected to account for >50% of U.S. GDP by 2032.
- Lengthening life spans due to health gains from the past century has resulted in a longer middle age of active, productive people who are working longer and taking the American economy in new directions.
  - Extending the period of when workers are at their most productive and creative
  - Injecting \$4.6 trillion a year in spending on consumer goods and services, including healthcare into the overall economy
  - Providing employment for nearly 100 million Americans
  - Greatest source of individual charitable giving, contributing approx. \$100 billion annually, almost 70% of all individual charitable donations

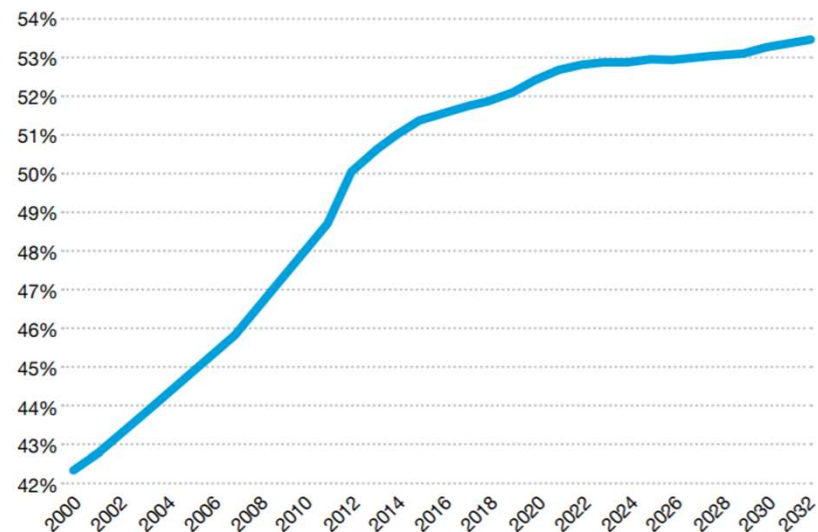
(Oxford Economics)

# Longevity Economy is here to stay

- Longer life spans will result in a consistently large >50 population even after the Baby Boomer wave has crested.
- Can mitigate the Dependency Ratio's feared consequences, but depends on:
  - Maintaining the health and vibrancy of people as they age
  - Adapting our institutions, culture, practices, and physical spaces to maximize benefits

(Oxford Economics)

**Fig. 3: Proportion of the working-age population by age segments**  
Over-50s' share of the over-25 US population, forecast from 2010



Sources: Oxford Economics, US Census Bureau





# Career and life patterns are changing

- **Entrepreneurship:** People in their 50s and 60s start businesses at nearly twice the rate of those in their 20s.
  - In 2011, 23% of new U.S. businesses were started by entrepreneurs aged 55-64.
- **Flexible Work Schedules:** 71% of pre-retirees would like to mix work with retirement (i.e., flexible arrangements, such as work that is part-time, remote, or project-based with ability to take breaks).
- **Wealth:** The >50 population has more accumulated wealth than their predecessors; they control almost 80% of US aggregate net worth.
  - The average wealth of households headed by people over 50 is nearly \$765,000, compared with \$225,000 for those headed by 25-to-50-year-olds
  - They shop online for about the same amount of time as younger generations but spend more \$ doing it.
- **Increasingly Tech-Savvy:** They are more technically savvy than their predecessors (internet use, social network sites). In 2010, while people aged 46-64 made up about 25% of the total U.S. population, they accounted for >40% of technology purchases.
- **Aging-in-place is a priority:** Nearly 90% of seniors say they want to stay in their own home as they grow older with 82% expressing that desire even after they need day-to-day assistance or ongoing health care.

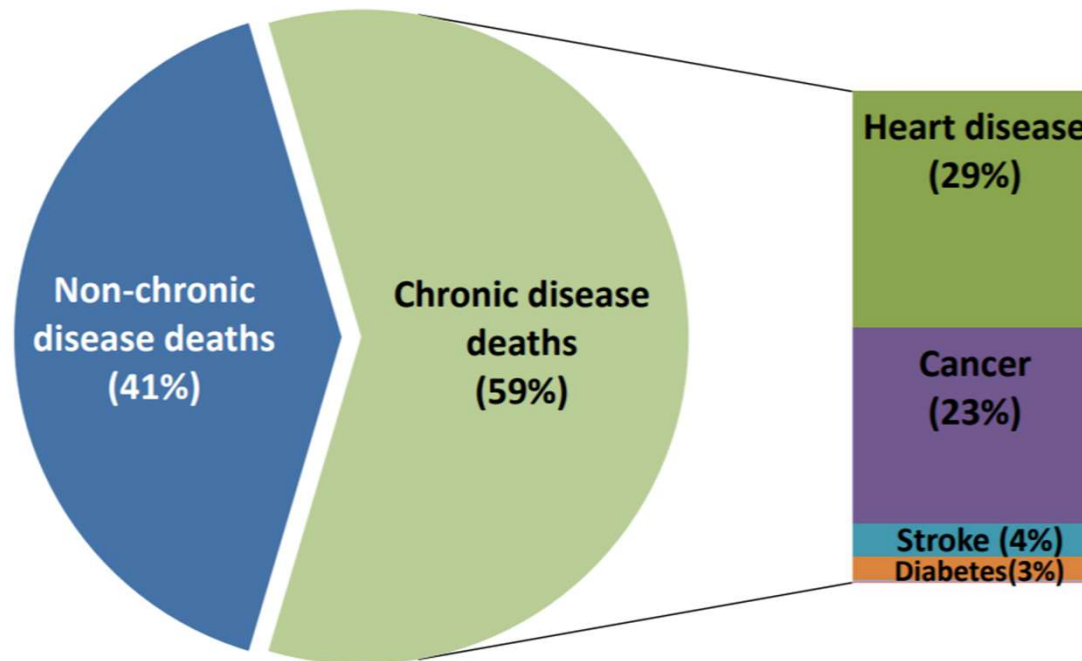
(Oxford Economics)

# Health Status of younger generations is declining and Chronic Disease is a significant factor

## Chronic Disease in NYS

**For the first time  
in our history,  
children may  
face a shorter  
lifespan than  
their parents.**

# Most deaths in New York State are due to Chronic Disease



Source: Vital Statistics of New York State, 2014



# Chronic Diseases are Costly

75% of health care spending in the U.S. goes toward treating chronic diseases.<sup>1</sup>

Health care costs for a person with chronic conditions are five times greater than for someone without.<sup>2</sup>

For example, NYS spends almost \$10.39 billion on tobacco-related health care costs every year.<sup>3</sup>

Sources:

1. Trust for America's Health. Bending the Cost Curve, 2009
2. Partnership for Solutions. Chronic Conditions. Making the Case for Ongoing Care, September 2004
3. CDC Best Practices for Comprehensive Tobacco Control Programs, 2014



# ....and largely preventable

## Chronic Disease in NYS

CDC  
estimates:

- 80% of heart disease and stroke
- 80% of type 2 diabetes
- 50% of cancer cases

Could be  
prevented if  
Americans:

- Stop smoking
- Eat healthy
- Get moving



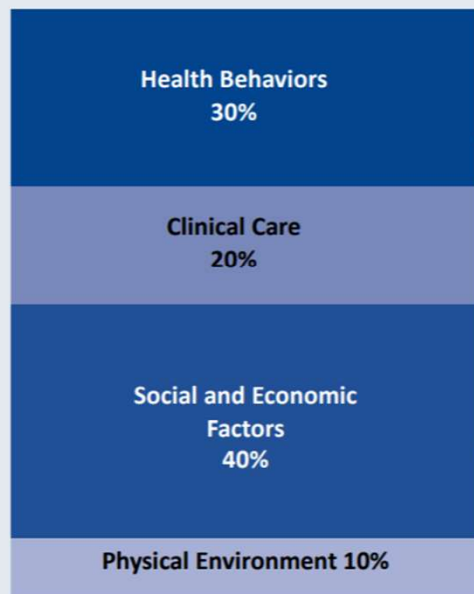
Department  
of Health

# Only a small % of our health is derived from Medical Care

## Determinants of Health and Health Spending

Social & Econ.  
Factors + Phys.  
Environ. = Social  
determinants of  
health.

Together, they  
contribute 50% of  
our health and  
well-being.



Determinants of Health

\$3 Trillion

Prevention 3%

Medical  
Services  
97%

National Health Expenditures

But, the U.S. spends  
almost all healthcare  
dollars on medical  
services that  
contribute just 20% to  
health and well-being.

We spend only 3% on  
Prevention.

(Booske et al.; CMS)





How will “Age-Friendly” help?



# Age-Friendly and Health Across All Policies (HAAP)

- HAAP is a collaborative approach that addresses the **social determinants of health** by incorporating health considerations into decision-making
- So, **non-health focused county agencies** are being asked to
  - Consider how their actions impact health
  - Incorporate health as a factor in future decision-making to increase things like opportunities for physical activity, cleaner air, safer streets, etc.
- Outcome: healthier population, increased productivity, reduced costs due to ill health, economic development, and an even more desirable place to live and work.



What do we have to do?

# Advisory Committee

- Convene an “age-friendly” advisory committee composed of relevant **County departments, community-based organizations, and residents** to assess the degree to which our County is already age-friendly under each of the 8 domains of livability.
  - By **June 2021**, the committee will submit a **final advisory report** to the County Board of Supervisors and AARP (**where it will be posted online**) with the results of our assessment, including recommendations that can be used in future planning decisions to make our County even more age-friendly.
    - Include a 3-year community plan of action based on assessment results



# Adopt local “Health Across All Policies” + Community Survey

- By **June 2021**, the **Saratoga County Board of Supervisors** will adopt a county level health across all policies similar to NYS Executive Order #190
- By **January 2021**, get **as many people from the community as possible** to complete an AARP survey for a baseline assessment for age-friendliness



# Is this going to be a lot of work?

- You can do as much or as little as you choose.
- **Public Health** will act as the “scribe” and provide organizational support:
  - We’ll schedule meetings (via Zoom for time being)
  - We can facilitate all meetings or, if others want to take the lead on specific topics, we can assist.
  - We’ll document all meetings, take minutes, etc.
  - We can draft all of the advisory report or, if others want to take the lead on specific topics, we can assist.

# Your Participation



- **County Departments** – Looking for your subject matter expertise, knowledge, and direction.
  - Attend meetings on topics that fall in your areas (or that interest you)
  - Provide guidance and information - tell us about what's already happening and/or planned in our County, give guidance about whether ideas brainstormed by the Committee could work, etc.
  - Review drafts of the committee report and give feedback
  - If you'd like to take the lead on any aspect of a topic (leading meetings, drafting sections of the report), feel free
- **CBOs and Residents** – Looking for your input, feedback, and viewpoint
  - Attend meetings on topics that interest you
  - Tell us your thoughts and opinions
  - If you have information or expertise in an area to share, please do!
- **Everyone** - Take the AARP Survey and encourage your networks to do so as well!



## County Department COVID-19 Updates



## FOOD DRIVE-THRU

In Collaboration with:



3 JUNE 2020 • 10 AM • WHILE SUPPLIES LAST  
COPINUTH ELEMENTARY SCHOOL • 355 CENTER ST





# COVID-19 Update from: Public Health

- Public Health is an integral part of Saratoga County's COVID-19 response:
  - Keeping the public informed
    - Facebook Live panel
    - COVID-19 Hotline for the County
    - COVID-19 Data Dashboard on County website
  - Contact tracing, quarantine/isolation, and wrap around care
  - Interpreting and implementing CDC and NYS guidelines
- Due to the need to redirect staff to the COVID response, Public Health suspended non-essential functions (e.g., coalitions, non-COVID community outreach)
  - However, we continued essential health functions (immunizations, rabies, sexually transmitted diseases, tuberculosis control, Lead poisoning prevention). Moreover, we transitioned the Early Intervention and Children and Youth with Special Health Care Needs to run virtually until in-person services are permitted.





# Lessons Learned from COVID-19:Public Health

- Infection, hospitalization and death due to COVID-19 in Saratoga County
  - All ages and genders have relatively equal chance of becoming infected:
    - the majority of those **hospitalized were aged 50-79** of which **2/3 were male**
    - The majority of **deaths were among those aged 60 and older** of which **¾ were male**
  - Over 1/3 of all confirmed cases have been evenly split between **healthcare workers and essential workers**
- Preparedness, as an agency, and more broadly on a County population level is essential to response and resilience
  - Public Health needs the **ability to work remotely and capture data more efficiently** (IT infrastructure, investment in training and systems)
  - A thorough **understanding** of underlying issues impacting health/response and **relationships with people and organizations** willing to take action to address those issues allow us to act nimbly in a crisis and leverage federal and state resources

Saratoga County



Public Health

Prevent. Promote. Protect.

# COVID-19 and Age-Friendly: Public Health

- COVID-19 and the actions required to contain it (NYS on PAUSE) highlighted and exacerbated existing problem areas:
  - **Broadband access/Cell service** - education, telehealth, working from home, social connectedness, keeping public informed, safety
  - **Employee Protections and accommodations**- Paid sick leave, living wage, health insurance limitations, child care that is affordable, accessible and meets schedule needs
  - **Transportation** – no public transit in much of the County, limited pedestrian and bicycle infrastructure
  - **Food security** - \$\$, affordable, accessible
  - **Chronic Disease prevention and mitigation** are critical for long-term health AND community resilience
  - **Changes to the built environment that promote health and resilience** - adequate and affordable housing, trails, bike lanes, mixed use areas, complete streets, distance to grocery stores, smoke free indoor and outdoor spaces, etc.

# COVID-19 Update Age-Friendly Programs and Efforts From: Office for the Aging



Was your agency involved in Saratoga County's COVID-19 response efforts?

- OFA staff helped at OES Command Center to assist with any senior related situations.
- OFA Director was a panelist on the OES COVID Facebook live information event.
- Masks and Sanitizers were handed out at drive-thru events, mailed to individuals and delivered with meals.

How did COVID-19 impact your work/programs?

- Many OFA programs were affected, some even had to be suspended due to the vulnerable population that we work with.
- Focused on changing our method of delivering services to be able to still serve our seniors. With the ability to function and adapt we were able to improvise via telephone to carry out services such as; essential transportation, case management, Health Insurance Information Counseling, staying connected with our volunteers, and contact hundreds of clients. Home Delivered Meals changed to being delivered in bulk, bi-weekly by OFA staff and help of our caterer to transport at no added cost.

Lessons learned/things gained from COVID experience?

- How to remain a Team with staff working in and out of the Office setting.
- Developed a deeper regard for core services and for our office's mission. New community partnerships were made.

## Continued...



- Age-Friendly actions, programs, or initiatives your department has or plans to take?  
Ways in which the pandemic may be influencing those activities or plans?

- **New-**

- Age friendly programing such as Evidence Based Health classes (on hold).

- **Existing-**

- Transportation re-open with the guidance of CDC regulations

- **Actions Taken-**

- Distribution of hand sanitizers/masks
  - Emergency food delivery
  - Community drive thru distribution events
  - Linking clients with existing and new community resources

- **Programs started-**

- Telecare- Senior Care Calls

- **Planned Initiatives-**

- Drive thru Annual Senior Picnic
  - Drive thru Farmer Market Coupon Distribution
  - In person service meetings to take place outdoors with social distancing.
  - Zoom meetings





## COVID-19 Update: Public Works

- Through its Buildings and Grounds Dept., Public Works has been a key contributor to Saratoga County's COVID-19 response.
  - For example, we provide building materials, such as dividers, and supply anti-bacterial agents to make county workspaces safe. Also, a number of our employees staffed the County COVID-19 call center during the height of the crisis.
- COVID-19's impact: Throughout NYS on PAUSE, Public Works operated with limited staff on-site with others working from home.
  - We learned how to work better as a team.
  - The crisis also opened our eyes to processes we could streamline and make more efficient.

# Age-Friendly Programs and Efforts:

## Public Works

- Public Works manages essential vehicular, pedestrian, and recycling infrastructure in Saratoga County as well as County facilities and grounds, including (as of 2019):
  - 365.28 miles of County Roads
  - 535,254 sq. ft. of gross floor area of County facilities
  - 786.97 acres of County land
  - Solid Waste Recycling (2,533 tons of single stream recycling, 1,204 tons of scrap metal, 10.12 tons of automotive batteries, as well as propane tanks, refrigerators and freezers, air conditioners, dehumidifiers and water coolers.
- Our work touches each of the 8 Domains of Livability, but the domains on which we probably have the greatest influence are: outdoor spaces and public places and transportation.
- Areas of current or possible focus:
  - Continuing the collection and public availability of data:
    - the digital mapping of all County highways in GIS
    - Obtaining traffic counts on 50% of all County roads each year for traffic studies and planning.
  - Increasing the availability of bicycle, pedestrian friendly and ADA accessible roads, bridges, sidewalks, etc.
  - Increasing participation in the **Adopt A Roadside Program**, which promotes civic engagement, social participation, and social inclusion

# Saratoga County Planning Department

- One of its primary roles is to provide technical assistance in the area of planning and zoning to local legislative boards, planning and zoning boards of appeals and building inspectors, attorneys and planners involved in the land development process.
- Under General Municipal Law Section 239, the county planning board has jurisdictional review of subdivisions and zoning actions that are located within 500 feet of state or county right-of-way, municipal boundary, or located in an agricultural district.
- In its review the county planning board must, by law, consider the compatibility of various land uses with one another; the effect of traffic generation on other land uses; the adequacy of existing and proposed thoroughfare facilities; impact of proposed land uses on existing and proposed private or municipal uses.
- The protection of community appearance and character, as regards to predominant land uses, population density, and the relation between residential and non-residential areas is also considered.
- Another important responsibility is the review of official development policies as may be expressed through comprehensive plans, capital programs, or regulatory measures.





Next Steps



# Upcoming Meetings and Events

- **2050 New Visions for a Quality Region** – Presentation for Saratoga County by the Capital District Transportation Committee
  - Monday, July 27<sup>th</sup> 2:00-3:00pm (via Zoom)
- Next meeting will occur in approx. 1 month (please give feedback about preferred dates, times, and Domain to start with)
- **AARP Survey** – please take it!  
[https://aarp.co1.qualtrics.com/jfe/form/SV\\_0Nim3cghysIB9vD](https://aarp.co1.qualtrics.com/jfe/form/SV_0Nim3cghysIB9vD)
  - Public Health Facebook page, our website, from the email link that will be sent to the group
  - Pass it on to colleagues, friends, and family.

# Citations

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